

# How to be an Alpha Male, Husband And Dad.

( the Islamic way )



by: "that Muslim Dude"

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eBook: How to be an Alpha Male, Husband and Dad (the Islamic way)

## Introduction:

### Why did I write this book?

There is a strong push in the media to break the traditional family system. Families are breaking apart, and people are becoming extremely depressed. Many people today have never seen a healthy marriage. Most people do not know how to make their marriage work. People are desperate to find solutions. But it's so difficult because of modern trends like; smartphones, social media, private accounts, feminism, women working outside the home, confusion of gender roles etc.

The end goal of those who control the media is to make a new world order (NWO), where Polyamorous relationships are the norm. This term means that every person has multiple sexual partners, and any children they have belong to everybody (unlike Godly societies where children are named after the father). They want the concept of the traditional marriage and family to be totally finished.

This book fights back to show the traditional ways people used to keep their marriages. It shows some Islamic tools which are in the Quran and Sunnah (Prophetic way) to help save the marriage. This book also gives understandings of the male and female psychologies, so you can understand your role in an ever confusing world.

### Who is this book for?

This book is written for people who want to know the traditional ways of how marriages were successful. If you do not want to put effort in saving your marriage, or you are against patriarchy (fathers being the leader of a home), you don't need to read this book at all.

Jabir reported that Allah's Messenger (ﷺ) said:

"Satan places his throne upon water; he then sends his troops; the nearer to him in rank are those who are most skillful in creating mischief. One of them comes and says: 'I did such-and-such', to which Satan replies: 'You did nothing.' Then one among them comes and says: ***'I did not leave so-and-so until I separated him from his wife.'*** Satan brings him near him and says: ***'You did well.'***" Al-A'mash said: "He then embraces (hugs) him."

Sahih Muslim Book 52, Hadith 60

## Chapter 1: How to be a Man

**"The strong believer is more beloved to Allah/God than the weak believer, even though there is good in both."** - Muhammad, Allah's Messenger.

Ṣaḥīḥ Muslim 2664

Most marriage problems in the world would be fixed if men knew how to be men. Do you have a manly man in your extended family who you can look upto and imitate?

Men are known to be the more stronger gender. Women are the more softer gender.

Let's take a look at some practical advice which you should follow to be a strong and successful man:

### **1. A man is confident when he has 'built himself';**

- Physically
- Financially
- and has a strong Life direction and Purpose.

When he has built these in his life, he will be confident in himself, and women will rush to marry him. Their fathers will be happy to give their daughter to a man like this.

### **2. Confidence in a man is attractive to women, just as beauty in a woman is attractive to men.**

This man confidence is called 'charm.'

### **3. A man gets Physically stronger by lifting heavy weights, and eating proteins (eggs, red meat, fish, kidney beans etc.)**

People who cannot eat these due to allergies should drink green tea 3x a day for some months, to clear inflammation from their body.

This strength increase will boost their confidence and charm levels.

[Drinking green tea, and eating bitter green vegetables (contain sulfides) and gives you a deep voice. Which is attractive in a man.]

Taking natural Vitamin D supplements or simply sitting in the sun will help alot for growth.

#### **4. Have a Purpose:**

A man with a purpose will attract women who will want to care for him to support his cause.

This purpose might be a job, or a cause which challenges him in the real world.

A man without a purpose is considered worthless, he has no direction in life, so she is not inspired by him. She wants a reason to support you, to be a cheerleader for you. So do something which impacts the world. Then she can show off to the world that her husband is a fighter.

#### **Did you know?**

A man is a solid block:

A block is something you can lean on, it has no weaknesses and holes in. Women expect men to be this way.

#### **Networking and growing your social circle:**

Once you are a man, with a job or purpose. You will need support for different aspects of your life. Men create friends with a purpose, not just to make friends.

Example: you might be a teacher, or good at computers, so you go to the mosque and make friends with a plumber and an electrician so you help them and they help you whenever anything breaks in your house. If you are close friends, your families might become friends too (the men sit together and women sit together separately.)

You are now growing a Network of friends with different skills, you are entertained and your family is happy too. You might visit their family every weekend, and bring gifts for each other. These are family-friends who might support you in life.

The bigger your network of friends, the more you are respected. Your wife and kids now value you even more because you are providing them with friends/a social life and also support in days of need.

**Financial independence:**

The more skills a man learns to earn money, the richer he will become. He spends more time earning outside, and so his wife values him more. She begs him to spend time with the family, so he feels respected. That's what men want. (People do not respect a man who is always at home.)

The more Value you provide to the world, the more value comes back in your life. So you are a Valuable person who people and your family respect.

**To summarize this chapter:** You (the boy) have to turn into a healthy, strong Man, who has a cause. You have friends who can help you with skills, and they give you and your family a fun social life.

If you are a man, then move onto the next Section of the book.



## Chapter 2: Your role as a husband and Man in the relationship

**"Men are the Qawwamoon\* (Protectors and Providers) of women.."** (Quran 4:34)

"Treat women well and be kind to them, for they are your partners and committed helpers.."

- Muhammad God's Messenger (saws), in his Final Sermon

**\*Qawwamoon = Those who provide Uprightness, and strength.** So men are the role models, they are the strong moral standard their women look up to in life. Whenever your tribe (women and children) make a major mistake, it is your duty to guide them back to what is correct. This means you will have to follow and learn morals, rules, which you can teach your family. The example of Muhammad God's Messenger is the best example because he was the perfect family man.

In chapter 1, we saw you turn into a Man. In this chapter, we'll see what role you have to play as a Husband. So let's take a look at a few points about your role as a man in a marriage:

### 1 - YOU are the solid block who your family will be:

You provide a house to your wife, you feed her, so she follows you.

Your beliefs & morals are passed onto her, so she teaches that to your kids.

So build yourself in everyway. YOU are what your family will be. Whatever you do, your family will copy of you. This is why it's super important you build yourself well (as we saw in the 1st chapter of this book.)

[REMEMBER: If you talk to stranger women, your woman will feel it's okay for her to talk to stranger men. If you do it in secret, she might do it in secret. If you watch bad videos, she will watch bad videos. If you do good, she will imitate it. I did not know how real this was until I saw it for real and experienced it in my own life. This is because your wifes brain will rewire similar to yours after intimacy and especially after the first childbirth. So be good and Allah will make your family good naturally.]

## **2 - When choosing a wife, choose a woman who you do not feel intimidated by:**

If you marry a woman, choose one who you will not be intimidated by. The man has to be the dominant one in the marriage. If you are a shy man, then she has to be more shy than you. You have to be a protector over her and you have to be able to show it.

This is why you should marry a girl who you feel attracted to. If you don't like her, don't marry her, even if parents pressurize you. It is your life and your future. A person is more attracted to someone who looks like them.

## **3 - Man decides the "No's" in the family culture:**

The rules in a home are decided by the man. He makes clear what he considers acceptable and unacceptable.

If you strongly believe something is wrong, you have to say No to your family. Be firm in your decision.

You are guiding the direction of the family.

She might be angry with you, but she will deeply respect you for being firm in your rules.

You might be afraid to say 'No' to some things, you might be scared she will leave you for your rules. But remember this golden rule; 'A woman will happily obey a man she wants to keep'. If she hates you and your limits, she might even leave, but that meant she didn't love you anyway. You don't need a woman like that in your tribe.

To weak men, it might seem really difficult to make rules in your home. It's hard to say 'No' to your wife, but she actually looks at you almost like a father figure, so she deep down inside does want clear rules. She wants to know what you allow and what you don't allow. So write a clear list of what makes you angry, your "Red line rules." For me, I made only 2 rules;

- i) Not wearing strong makeup and perfume outside the home.
- ii) Not talking to men outside the home for unnecessary things.

She knows these are my only red line rules, so she tries to avoid those things. Women can also write a list of rules for their husband and seek divorce if he breaks those rules. The aim is to discuss what your partner can and cannot do. And if they break the rules alot, you can divorce and move on in life instead of always getting frustrated and arguing. These red line rules could even be written before a marriage proposal so the other person can decide if their personality and life goals match yours.

#### **4 - Desperation turns women away:**

If you are constantly chasing after her, she will run away from you.

If you keep yourself busy, she will wonder why you don't care, and she will come to you.

Remember, a woman wants to spy on her husband. She wants to be curious what is happening in his life. You have to be the busy man who always has new things happening in his life. You provide the energy in the home, and she enjoys that energy. You are the dominant gender. If you do fun things, she will want to participate in it. If you are boring, she will want to find fun somewhere else.

You will not run after her. She will run after you because you're such an interesting, busy man.

#### **5 - You are the reward for her:**

If you make yourself valuable (healthy, dressed well, rich etc.) - she will feel so happy she has you to show off to her friends about.

When you feel good about yourself, you will have intimacy with her. Imagine you are rewarding her. This will make you feel confident in yourself, so you will perform well. A man's confidence in himself is one of the most attractive things to a woman. Value yourself and she will value you. If you hate yourself, she will hate you too.

Man is the Sky, Woman is the Earth:



The **Sky** has the warm sun & the nourishing rain which feeds the Earth.

The **Earth** accepts the warmth and rain to grow new plants (your children) & beautiful flowers (a happy life)

Only if you are that warm Sky, only then she will be that Earth which grows good things.

**Chapter summary:** You are the strong, warm, happy role model your women and children look upto. You have set rules in your kingdom (your home.) They should find safety in that.

You are the doer, she is the receiver. You give the hug, you say let's eat, you say lets play. You guide her life. The man guides, the woman follows her man. Man has to give the vision, and the woman perceives life through his vision (and helps him to achieve it.) So what is your life vision?

### Chapter 3: What if she doesn't like my rules??

***"A nation which has a woman as a leader will not be successful."***

- Muhammad God's Messenger.

[Sahih al-Bukhari Book 92](#) (Afflictions and the End of the World), Hadith 50.

**"Men are the Protectors and Providers of women, because Allah has made one of them to excel the other. And because they spend (to support the women) from their money.**

**So because of this, the good women are obedient, and they guard what Allah orders them to guard (their private parts, and also their husbands property).."**

- Quran 4:34

Women obey men naturally, they are made this way. They like the solid framework men have set in the world. They feel secure in it. The only time they run away from your world is when they feel suffocated in the rules (when they don't get food, gifts, and a social life.) You have to give these things to them lovingly, and they will be satisfied.

However, today things have slightly changed...

#### Modern dilemma: Women earn too!

Traditionally, men have been the providers for women, and women happily followed them. But today things are different, women also do jobs, they also have money. So the biggest question today is, does this verse of the Quran apply today? Do women have to be obedient to their husband if she is already financially independent?

These are not new questions. Rich women from rich families have been married to men in the past too. But these women marry a man because she wants to have a husband to enjoy life with. Were the rich women obedient to their husbands? Yes they were, but they spoke back to their husbands too. Similarly today, if you and your wife are working - you can both pay for the house bills, but the man will still be the main leader of the house. (meaning: he will consult important things with his wife, but he will make

the final decision.) If she loves him, she will accept his decision out of love for him, knowing he is wise and wants what is good for the family.

### But my wife does not want to pay for the bills?

Many men complain that times have changed, things are more expensive, that their wife has a job but she does not help pay for the bills.

The answer to this is:

He can provide her with the basics (rent, food, clothing.) And tell her to buy extras with her own money.

This push back will naturally cause some friction in the marriage. In Eastern Muslim culture, the men buy everything, including extras like gold and silver jewelry. But times and expenses have changed in the West. She has to realize he is providing for her whilst trying his best. The woman will then have to evaluate whether she feels there is more benefit in staying in the marriage or leaving. This is why it is super important to be a loving husband in this time period of history. Your love and co-operation in household chores can compensate for the gold and silver which you cannot buy. Being a more loving husband is priority than being a harsh husband like the old days.

### Halaal jobs for women:

Some women will start wondering if marrying a rich man would be a better option, poorer men should be aware of this. So they should think of halal jobs the woman can do to earn her income for extra things. (example: making extra food and selling it in the local community, advertising the food on Instagram/local whatsapp groups etc.) All that is fine and will keep her happy and busy. If she says she wants to work in an office or public place where there is a strong mix of genders, be clear to her that you do NOT want this. She might say 'Do you not trust me?' - tell her I trust you, but not outsider men who have bad intentions when mixing with women. Be clear in your NO. If this is one of your "red-lines", then you can remind her that it could lead to divorce if she disobeys you in this. If she really wants you, she will obey you.

You need to emphasize to her that times have changed, things are more expensive than our parents' generation, and that when things improve you will buy her more. Your sincerity towards her throughout your marriage will be proof of your honesty.

If she insists that he provide more, then he should advise her sincerely and calmly that he's trying his best. He should have had good relations with her parents and brothers beforehand so he can discuss with them on hard days. They would then advise her to be patient. But if she insists she is not happy, then things might lead to divorce. You as the husband have to stay calm and be wise in your decision. Do not rush divorce. (go to the chapter on Divorce.)

[Actions speak louder than words in a relationship:](#)

If she is cleaning the kitchen while shouting at you, then that means she still cares for the house and family.

If she hasn't cleaned the house for days and has energy to go shopping outside, she probably doesn't care anymore.

You need to ask her sincerely, why?

[When she doesn't listen to my rules:](#)

Sometimes, a woman might not listen to her husband's rule, and he might become angry, but it is not one of his major red-line rules (see chapter 2), so he might forgive it. There is nothing wrong with being forgiving.

It is well known that women do answer back, they do argue, they do have their own opinions and might even follow them. It is part of your manhood that you actually be gentle with her when she shouts back. (search: how the women of the Ansaar were in Madinah during the life of Prophet Muhammad. [hint: they shouted back at their husbands.]) Your red line is that she does not cheat on you by committing adultery. Anything other than adultery can be forgiven.

[What is Adultery?](#)

According to Islam, Adultery is when a person has sexual intercourse outside of marriage. Allah tells us that 4 witnesses have to see the person committing adultery for it to be accepted as a valid testimony. (see Quran 4:15) This seems dramatic. I know, it's almost impossible to find 4 witnesses to an act of sex and adultery. But that's the point, Allah does not want rumors of adultery to be spread across society, because then it becomes a popular act in society and the norms. Everyone will say 'everyone does adultery anyway, so I can too.' Allah does not want this.

The question is, [what if someone suspects their partner is cheating on them in secret, then what?](#)

First, you cannot say they have committed adultery if you have not seen it with your own eyes. If you have, you can divorce. (In Islamic Law, there is a process called “Li’aan” if something like this happens, but due to a lack of Islamic courts, divorce is the better option nowadays.)

If you are not sure and just have suspicions, the answer is that you can decide for yourself if you want to keep the marriage. If you have suspicions, and you cannot trust your spouse, and the stress of it is getting too much for a long time, and you have tried all the other options mentioned in this book, then go ahead with a divorce. You cannot say that you sought divorce because of clear proof of adultery, but you can say that your relationship was not healthy anymore and you had suspicions because of so-and-so evidence.

#### What if she leaves with the kids?

If she did leave the marriage and ran away with the kids, then they will return back to you in the future if you were a good dad. You could even tell your children to memorize your phone number, so they can ring you whenever they can.

Your busy lifestyle of being a High value man (you learnt how to be this in the 1st chapter of this book) will allow you to easily move on and marry again and have more kids. So even if your ex-wife ran away with the kids, you can easily move on, and your kids will naturally search for their father in the future (because kids naturally want to know how their dad looks like) and they'll be amazed you are still so successful. (Remember, even if you fail in a lot of things in life, so long as you keep trying to win, and you keep a positive attitude, people will love and respect you.) Men never give up.



## Chapter 4: The Islamic step by step procedure when a man suspects his wife

What if I suspect my wife is cheating but I can't prove it?

Allah tells us:

"..The good women are obedient, and they guard what Allah orders them to guard (their private parts, and also their husbands property).

Those women who you see rebellion\* from, then; 1) advise them sincerely. 2) leave them alone in their beds. 3) slap them (not severely). Then if they obey you, then don't annoy them after that. And Allah is always higher and greater."

- Quran 4:34

[\*Nushooz = when someone stands up to challenge you. So when the wife starts rebelling.]

Allah is telling us step by step what a man should do if he feels his wife is becoming disobedient.

**1st, he should sincerely advise her:**

"Listen, I don't like what you're doing in that place. Change this habit, because I don't feel comfortable with it."

If she still doesn't listen and continues that habit. Then move onto the next step.

**Next step: Abandon them from the bed.**

This is a punishment which harms her emotionally so much. You are her comfort and protection. She feels safe in your arms at night. When you are not there, she feels afraid. This punishment is giving her an experience of life without you.

A few days of abandoning the bed, you are going and coming back from work everyday. She should have humbled herself and become obedient out of love for your relationship. So lovingly talk to her to find

out if she's changed her bad habit. If she agreed, then be really nice to her, buy her a gift. Be your good self again.

But if she still doesn't listen to you, and she remains rebellious. Then the Quran says the next step is to hit her (**Darb = a slap**, which avoids the face and doesn't leave a mark). This slap is a shock to her and a wake up call that my loving husband is really serious now. It is the last strike.

This is the final step. If she is still rebellious, there is a serious problem in your marriage which needs to be sorted out.

We are living in a time when this final step can cause problems for you, so it should be avoided.

But a few more steps should be taken to decide if the marriage should remain, or if you both should separate..

### **We're both arguing aggressively, now what?**

Allah tells us in the next verse (Quran 4:35):

"If you fear a permanent separation between them both, then **send a judge from his family, and a judge from her family.**

If they both really want to get together again, Allah will give them the ability (*tawfeeq*) to do that. Allah is always Knowing, Wise."

You are told to get a wise person from his family, and another wise person from her family. Their intention should be to hear both sides of the story. The man should be given time to explain himself fully. Then the woman should be given time to explain herself fully. The aim of the wise people is to hear both sides, clear misunderstandings, to explain the different cultures of each family, and to help the couple find solutions to their problems. These people should ask the couple what they both want from the marriage, and find a middle ground which both the husband and wife can agree to.

But if there is no solution, to agree to a peaceful separation. If they both really do want it to work though, Allah will help them find a solution. This is Allah's Divine promise.

### Alternatives to divorce:

We are living in a time where Islamic laws cannot be enforced through an Islamic legal system. This means that men cannot be pressurized to fulfill their Islamic duties, women cannot be pressurized to fulfill their Islamic duties, and the relatives from both sides can only encourage them to get along. This shows that Muslim marriages today have to be based on genuine love for each other, and hope for reward from Allah for the patience you have with each other.

This includes forgiving mistakes your spouse might make.

For example: if the husband is not providing money in the marriage because of a temporary illness, the wife might spend her money on the family because she knows Allah will give her good for doing good.

Or a husband might forgive his wife for a mistake she made, because he knew he had made a similar mistake in the past.

You both are doing these sacrifices because you know Allah rewards any good a person does, He loves a family which stays together. You are expecting reward from Him. And life is better as a united family instead of as a broken family.

Allah says:

"If a woman fears cruelty or abandonment from her husband, there is no problem if they both find a solution (Sulha) together." (Quran 4:128)

Sometimes a woman needs a husband and she knows he doesn't really care. So she can give up some of her rights instead of getting a divorce from him. She can say to him that she doesn't need his money, but I need you to stay as my man so I have protection. This is allowed.

### **DID YOU KNOW?**

In the life of Prophet Muhammad (During [the Ifk slander incident](#)) - Aisha, the wife of Prophet Muhammad was accused of committing adultery in secret. This rumor caused Prophet Muhammad to become extremely sad, and he was not sure if the rumor was true or not. After some days he said to Aisha, "If you have committed a sin, then turn to Allah and ask for His forgiveness. (arabic: *Istaghfirillaha wa toobee ilayh*) Because when a servant of Allah confesses his sins and asks Allah for forgiveness, Allah accepts his repentance." (Sahih al Bukhari - Book of Military Expeditions led by the Prophet - [Hadith 4141](#)) Aisha was proven to be innocent (see Quran 24:23)

We learn from this that a man can forgive his wife if he thinks she made a mistake like adultery (so long as there are not 4 witnesses present during the act. If he strongly believes she did it by mistake and does not ever intend to do it again.

If there are 4 or more trustworthy Muslim witnesses who clearly saw her committing adultery, he should leave her because her sin was public and she is liable to Allah's punishment.) It is between her and Allah if she will be forgiven (if her repentance is really strong and sincere etc.)

But sometimes you try your best, and things just can't work out...

## Chapter 5: **DIVORCE**

**"Live with them (women) honorably. If you dislike them, it might be you dislike a thing but God has placed in it alot of good."**

(Quran 4:19)

Throughout your marriage, the thought of divorce should never come across your mind. Even in an argument or joke, you never even mention divorce.

You as a couple will argue, fight, and you -the man- will even walk out of the house. You will never tell her to get out of the house, even if you own it. She lives in your house because she is YOUR wife. If you kick her out, you are leaving her to the dogs. She will cry to other men who will take her. You will not let this happen because you are too honorable to let that happen.

**When women ask for divorce:**

Your wife will say "I want a divorce" to you often when she feels down.

Do not give it to her. Instead, try to figure out what the problem is and try to fix it. This is your duty as a man.

When she says 'divorce me', she does not want you to divorce her. She wants you to be a superhero and fix a long term problem.

**When a woman asks for a divorce, you as the man have to make the intellectual and wise choice.**

Stop, think, discuss with trustworthy relatives and friends.

Do not be emotional, do not rush. Pray. The woman is emotional, you are firm.

A wise man tells how his wife packed his bags and told him to leave, so many times.


But he stayed firm...

I can't remember the number of times my wife has packed my case and told me to leave. I can't remember how many times she has left and come back. I said, my son is not going to grow up without his dad and I repeatedly kept doing whatever I could to make the marriage work. This week we shall have been married thirty five years and we are at our happiest now. We have had to go through so many heartaches, problems and trials. Had I given up all those years ago, I would have missed so much. Resilience and perseverance is about trying to fight all battles with kindness.

Try and love your wife more than you love your son, if you can get things right with your wife, then you will get things right with your son. If you put your son first above your wife, you will get things wrong and everyone suffers. I have listened to so many men suffering from depression because they have been separated from their wife and children.

Pray for your wife and son, pray for your family.

Just my thoughts, so please feel free to  re.

 May Allah bless you on your journey,  
Eric



## **Solutions to fix divorce problems:**

### **- Even if you're ugly:**

Even if you're ugly, she will not rush to divorce you if you are strong or rich and you want to fix the problems. Dressing up smart compensates for ugliness, so dress smart.

### **Fulfill her needs:**

Women will stay with their husband if he is providing for her needs (food, a home and intimacy.)

If your wife is asking for a divorce, something from these things is missing.

If you're confused, ask her and find out what is missing.

### **Balance the Energy levels:**

You and your wife need to be on the same energy levels

If she likes going out and you like staying at home, then you have to eat well and do exercise so you catch up and become on the same energy as her.

Otherwise you will drift apart from each other. And it's your duty to change to keep your marriage.

### **Don't complain:**

Women complain. Men who complain are looked at as weak.

Either you do action to fix your problem. Or you complain to your friends to find a fix for the problem.

At home you don't complain. Your woman will not feel sympathy if you cry to her, she will just start hating you.

Only Allah will hear the complaint of a man. And sometimes his friends will. But his family will lose hope of life if the leader of the family shows weakness.

### **Men characteristics which protect you from Divorce:**

#### **1 - A man is a solid block:**

A block is something you can lean on, it has no weaknesses and holes in. Your wife expects you to be this way.

She will test you to find your weaknesses, she will ask you to tell her how you feel. You cannot show weakness, or she will start hating you.

A woman starts to hate her husband when he shows weakness because she wants to feel protected. When he shows weakness, he is telling her that he is weak and unable to protect her. So do not complain to her unless it is brief, and discuss them problems with your friends and God instead.

#### **2 - Man does not show fear:**

A strong man does not show fear, even when he's scared. He stays strong.

Even if he loses, he says to his wife he will win next time.

She can accept that he lost a fight, but she cannot accept him giving up. (If you can't win one thing, win other things.) Even when your wife says she wants a divorce, you cannot break down. You stay strong, you be quiet and ask why, or you say "We'll talk about it." If you cry to her, she will hate you and want the divorce quicker.

#### **3 - Strength:**

- A woman might stay with a bad man.

But she will never stay with a weak one.

Read this again, and start eating meats and going to the gym. If you are getting weak due to a real illness, pray a lot for strength and hope.



#### 4 - Sleeping with her and protecting her:

NEVER sleep separate from your wife except as a punishment. (example: if she swore at you.) Your bed is her identity. She feels safe in your arms. If you sleep separate for too long, your marriage WILL break emotionally. 4 months maximum. Long term relationships do not work out.

##### **Her complaints are a good thing:**

If she's complaining to you alot, it means she still loves you. Her wishes and energy are being directed to you.

When she stops complaining to you, then she is complaining to someone else (or she is super religious and is relying on God. Which is rare.)

#### **Summary:**

In this chapter, you learn that the weakness of the man makes the woman feel insecure. This is what makes her want a divorce. Because she's scared for her own future.

This is why a man always has to prioritize staying healthy, strong, and having money saved for bad days (minimal: 3 months of money for rent, food, bills etc), and he has to show confidence even on weak days. This is a MUST. He has no choice in this.

#### **Extra precautions:**

A woman is tested severely when her husband becomes weak. This is why you should prioritise to have sons/children early in the marriage, so that you have extra support if you fall ill. You should also keep good relations with your blood family so they continue to support you and your family if you become ill. You are building layers of protection for you and your family in preparation for bad days to reassure your wife and kids that everything will be fine. Pray alot for success.

You try every single thing to keep your marriage, to fix your marriage, and if there is absolutely no hope at all, then separate for a while. You let her go to her mum's house for a break while you heal. This is what Prophet Ayub (Prophet Job) did.

When she returns back later, and if there is still more permanent harm than benefit in your relationship, and there is no fix and no forgiveness, then divorce once [One Talaq] and move on in life. Otherwise, keep trying. What else have you got to live for?

### **The Islamic Divorce (Talaq) is a mercy with an 'Undo' button:**

Allah says that "I placed between you (the husband and wife) love, and mercy" (Quran 30:21). But what if you've lost that in your marriage? What if it's just hatred and anger? Then Islam allows the procedure of Talaq (divorce.)

But the guidance of Allah is there to make the family system strong. Many people when divorcing regret it really badly and wish that they could get together again, but for them it's too late. The Islamic concept of Divorce (arabic: Talaq) gives hope to get back together again even after a divorce. The Islamic divorce gives a buffer zone (a waiting period) where you still stay together a little while longer.

#### **Islamic procedure of Divorce:**

Talaq is done by a man saying to his wife "I divorce you." When he says this, she is divorced. BUT, the wife still has to stay with him for 3 menstrual cycles (3 months) [known as the 'Iddah (waiting) period.] She has to live in the same house, she should even dress up nicely in front of him. And he has to keep providing for her like she is his real wife. In this waiting period she cannot leave the house except for necessary things. If the husband feels attracted to his wife who he's just divorced, he can simply approach her within these 3 months and say 'I want you back', and she's his wife again! It's beautiful because Allah does want marriages to work. If he has not taken her back within the 3 months, then they separate and their marriage ends. And if after the 3 months, they still want to marry again, they can do that by proposing to each other again with a new marriage contract.

To know more details about Islamic Talaq, search: "Divorce in Islam."

My point is to show you that Allah has made so many steps before a marriage permanently breaks, this is how much Allah cares about a strong family system. This should be your priority too.

The next chapter: How to bring up your children with morals?



## Chapter 6: How to raise good children?

Children and wives are a copy of the man in the home, they will do everything they see you doing. Whatever you do will be considered normal for them in adulthood.

### So what's your daily routine?

- You wake up for Fajr (sunrise) prayer.
- You read some Quran.
- You eat breakfast.
- You go for a small walk (fresh air)
- You go to work.
- You come back from work.
- You eat.
- You pray.
- You watch some videos on Youtube.
- Talk to some friends.
- Gym
- Play with family.
- Read a book.
- Pray.
- Go bed.

Make your daily routine into a habit you do everyday. Your routine keeps the day happy. It gives structure to your life, and your family's life too. In all these activities of your daily schedule, get your family involved in as much as you can and be a happy dad. You are making small copies of you, and they will be loyal to you on your weak days.

**School education:** Many Muslims ask if they should homeschool their children. The answer is that if you can do it, that is good. If you can send them to an Islamic school, that is even better. But most parents can't. So I've realised that no matter what they teach in schools, it's not that important so long as parents teach them the correct traditional view at home. Children will be more loyal to their parents belief if their parents have shown love and open communication to them from a young age.

## **Dilemma: How can we make our children religious?**

Every religious parent wants their children to be religious and many parents prepare for this by finding Islamic entertainment for kids from a young age. This is brilliant. But naturally your children will drift onto other content too as they get older. In our home we made the children watch Islamic cartoons on YouTube, but over time they started watching other kid youtubers. It happens, and it's really hard to control everything. So what's the solution?

### **Entertainment Plan for the family:**

- 1) Find as much Islamic content on YouTube, and watch it with your kids. Even if the Islamic content has music in it, prioritise Islamic entertainment. Islamic movies, cartoons, nasheeds (islamic songs), go 100% in the religious direction.
- 2) Watch programs which have the lesser evil. I know some Muslim scholars in the West who do watch U rated movies with their children. Movies like: Finding Nemo etc. Animal documentaries, children shows etc.
- 3) As they get older they will watch other things too. But make your red line that they don't watch shameless things, and they don't watch things with swears in.
- 4) When they get into their teenager years, watch shows with them or discuss with them what they watch, always give the Islamic view on sensitive and controversial topics. Yes, they will sometimes secretly watch things you don't like. But your priority is that they stay with the family, in a more Islamic home compared to doing bad things outside the home with bad friends.

In my home: We have one main TV where I put on Islamic content like Quran, Nasheeds etc. This main TV is the central theme of the house where kids can reference the house culture to. The children and teenagers have their own iPads and watch their own things. We all sit in the same room. And a parent (mum or dad) is always there if they want someone to talk to.

This is a better technique than blocking them from everything. Because you are teaching them principles to live by. You are teaching them to recognize the red line. If you simply block them from watching anything, they will do everything when they are older because they weren't taught where the red line was.

You might refuse these flexibilities, but it's needed because alot of kids do these things behind their parents backs anyway. Isn't it better you participated with your children and simply told them to skip any parts which are uncomfortable?

### What if I find out my teenage kids are watching shameless videos?

Answer: If you find out your teenagers are watching bad videos, calm down and don't panic. We have to remember that bad videos are freely available on the internet, and anyone can access them. It is expected that anyone can find them with an easy search. Teenagers watching bad videos today is the equivalent of a teenager smoking cigarettes when we were young. It is a taboo, and should be discouraged, and even punished, but it is not major.

Your job as the parent is to make a setting in the home that they cannot watch those videos. (installing Adult content blockers, making their laptop screens face you etc.) However, if you find they are still accessing the content, then ban them from the computer for a week. Show them you are disappointed in them because you trusted them before. Tell them the harms of it (NeuroScience.com writ an article called: "Watching Pornography rewires the brain to a more juvenile state") - meaning, your brain devolves and becomes child like the more you watch it. Motivational speakers say that "Watching bad videos kills the soul."

Remember: NEVER watch bad videos with anyone, thinking you are being a good man who is trying to wean them off it. This is a big mistake. You are considered the role model, so whatever you do is allowed in their eyes. So always show disapproval of this bad habit.

Then you have to give them fun activities to do to keep their mind busy. Help them join sports groups, art clubs, help them make new friends etc. The aim is to give them a fresh start, not to punish.

### Your role as a parent:

Your kids will be like a normal kid in society, and they will not be religious as you are (just like you weren't religious when you were young!) Your role as the parent is to be a role model they look up to. As they get older, they will copy some of your habits. Whenever they need sincere advice, you will be there to hear what they have to say. You cannot be so strict that they turn to others instead of you for advice.

The best father figure to study and copy is Prophet Yaqub (Jacob) the father of Prophet Yusuf (Joseph.)

### You are their spiritual guide:

Alot of parents feel disheartened because their teenagers are not following religion like them 100%. They feel confused about what their role is because the media does not encourage teens to respect their parents.

But remember, kids have a natural (fitrah) respect and debt to their parents because they know their parents brought them up since they were a baby. So if you were a loving parent to your baby since childhood, and you taught them good religious values, they will naturally know you are a guide and well-wisher for them. So even when they become strong, healthy teens, and they become stronger than you, and they rebel in their teenage years, they will deep down inside know that you have the ability to pray against them. Even if you have no power against a rebellious teenage man son, you have prayer which could harm or benefit him. He should be aware of this. So if you have given moderate religious guidance to your child from a young age, they will atleast still have respect for you as an older parent. This is what your minimally aiming for.

Then as they get older, your prayers for their guidance will be accepted and they will become righteous like you or even better, insha Allah. This is because no matter how rebellious a child is, they almost always become a copy of their parent when they are older. So if you are good, don't worry, they will become just like you.

## Chapter 7: FAQ's: Frequently Asked Questions

In this part of the book, we will discuss some modern sensitive issues which make or break marriages.

### **Question 1: Phones and Social Media Accounts, should I allow my wife to have these?**

Answer:

I once read that a famous guy (not celebrity, but a semi-famous rapper) banned his girlfriend from her phone because she used Instagram when he had told her not to. So she did not use it for a month.

Why was he successful in this without her running away from him for being 'too controlling'?

It's because he was a cool guy (healthy, fit, famous, had money.) She did not want to lose a guy like this. So she felt it was in her best interest to obey him and stay in the relationship.

If you can be a strong, cool, loving, friendly guy to your wife, she will obey you. She will only run away from you if you are a weak man who is constantly controlling her and being angry and bossy towards her. She needs space to breathe. She needs a social life (her family, friends etc.) If you allow her these things, and you have your own life too, she will be willing to give up social media accounts for you. You have to guide her to a life without social media and provide her entertainment so she is busy and doesn't need Instagram etc.

### **What if she doesn't let me see her phone?**

If you both are not letting each other see each other's phone, then that is really bad for the relationship. Your relationship has to be transparent all the time. If the person is keeping secret relationships on the phone, and persists in these types of things, I think you should tell her family she is keeping secrets, or if you have no family to go to the local Imam for counseling in your marriage. They should pressurize her to not do things like this for the sake of the marriage's stability. But if she doesn't listen, and you have strong doubts, you are allowed to install spyware in her phone. If she prevents this, it is acceptable for you to marry again, or to divorce if this is causing severe stress for you.

### **What if I'm a weak man, Should I apply these Alpha male rules in my marriage?**

Answer: No. Until you upgrade your ownself (it's mentioned how you can do that in chapter 1), your wife won't respect you. Once you start eating healthy, getting stronger and getting a good social life, your wife will see changes in you, she will start getting impressed, and naturally she will lovingly start to



value your opinion. Do that first. Forcing your wife to make changes while you're still a weak man will NOT bring good results.

## Chapter 8: Advice to women

**“If a woman prays her five prayers, fasts her month of Ramadan, guards her chastity, and obeys her husband, she will enter Paradise from any gate she wishes.”**

**- Prophet Muhammad**

[Sahīh Ibn Hibbān 4252](#)

If you've read through this book, you are seeing that your man is building himself in everyway to provide for his women and children. You, his wife have to appreciate the efforts he puts in. He is not born strong, he has weaknesses. You provide the emotional support to make him strong. Khadija, the wife of Prophet Muhammad is an amazing example of a supportive wife. Read the words she says and the things she does to support her husband's cause.

Almost everything mentioned in chapter 1 of this book, you as a woman should do too. You need charm, you need to be physically fit.

You also need family and friends who you are well connected with who will give you power when your husband is in his weak days. You also need a Halaal social life. Connect with your sisters like friends, and with your brothers for protection if your marriage suddenly goes in the wrong direction.

If you value yourself, your husband will value you. If you have an opinion, tell your husband, but he will have the final decision in family matters. In regard to your personal choices, which affect only you - then you can decide them for yourself.

Make a Daily schedule for yourself too:

- Wake up
- Fajr (sunrise prayer)
- Go for a walk with the husband or sister (fresh air)
- Make breakfast.
- Clean up.
- Drink tea and talk to sisters.
- Washing the clothes.
- Prepare lunch.
- Watch YouTube videos.
- Pray Zuhr prayer
- Do some food shopping.
- Make food
- Pickup kids from school (if you have any.)
- Get them ready and feed them.
- When your husband comes home, he is happy to see a clean home, with clean kids, a cheerful happy wife.
- Family meal.
- Play together.
- Read a book
- Go sleep.

There will be days of weakness, if you feel things are really difficult, ask your husband if you can stay at your mum's house for some time. Take the kids with you. But keep in contact, even if its brief.

You do not have to learn lots of knowledge like your husband might be doing. You simply have to follow the 5 pillars of Islam, do Hijaab (Islamic modest clothing), and guard your modesty and husbands property during bad times and good times, and serve your husband, and you are guaranteed Paradise.

Make good friends, and remember that some are jealous of you. So do not let them say bad things about your husband. Some women might see the success of your marriage and want to spoil your marriage, so they say lies about your husband which are not true. Be aware of women like this.

Stranger men will also try to praise you, they will say words to you when your husband is not there. Words which will try to break your marriage. Distance yourself from them and do not believe their lies. If

they get you through false promises, they will only use you and replace you with another woman. They are a human devil. Do not fall for their false promises and deceitful lies.

**Have Clear Communication** in your marriage from the beginning, so if anything is bothering you, you can tell and ask your husband. This will save you from a lot of pains later.

**Say direct speech:**

Allah says: Believers, say a direct word of truth, He will sort your life matters out for you and forgive you your sins. (Quran 33:70)

This means that if you speak directly what you need to say, and you are truthful when you speak, and this becomes your habit in life - Your life matters will be sorted out. Allah will fix a lot of your life's problems. Just by being honest and straightforward in your speech.

**Have children early**, and they will be a support for you during bad days.

**During bad days, be patient and be strong.** Think how good your husband was to you in the past, and ask him why things have changed. Whatever he taught you of good, remind him of that and his heart will soften and he will get hope again. Most men become bad when they feel hopeless, so give hope and he will become good again.

**Make dua (wishes) to Allah a lot, everyday** for whatever you want. Allah is your provider, and your husband is only the means to provide for you. Having strong belief in this will be better for you as a person, and also as a wife. Because on a day when you have less food, you will beg Allah and not your husband. And he will be amazed at your patience.

**Your relationship with Allah is what keeps you strong.** You are guarding yourself from evil for Allah. You are giving your time and efforts for Allah. Because of your loyalty to your Maker and Provider, Allah will give you a happy life, a loving husband and obedient children.

## Chapter 9: Final words

You as a man will go through a lot of ups and downs in life. You are living in a time where the whole world order is trying to break your family system. You will make mistakes, your wife will make mistakes, and your children will make mistakes. You will have to be strong, loving, and forgiving to each other if you want to stay together.

Allah says:

**"Believers! No doubt about it, some of your wives and children will be enemies to you, so be aware of them. But if you Overlook\*, and Ignore\*\* and Forgive\*\*\*, then surely Allah is forgiving and merciful."**

(Quran Surah Taghabun 64:14)

\*Afaa = to Overlook (a mistake.)

\*\*Safha = to Ignore something like it never happened.

\*\*\*Ghafara = to Cover something (cover/hide someone's sin).

Then Allah will forgive you too. Allah actually wants you to ignore your family's mistakes like they never happened, but to keep guiding them to good morals. You know everyone makes mistakes, but you're always using different methods to help them become better believers.

Your family members will sometimes be like enemies to you, but if you stay good to them, they will remember your good and become good like you someday. You are the role model after all.

**"The beautiful and ugly are not the same. Push away the bad with what is better, and the one who hates you will become like a close friend. And no-one can achieve this except the patient and the owners of great good." (Quran 41:34)**

**Dua (prayer) is the weapon of the believer:**

Throughout your life, you have to maintain a strong connection with Allah/God. During your weakest moments, beg Him and He will support you because He wants your relationships to work. You are doing an amazing thing (marriage) while the world is drowning in sins.

Allah is with you, He loves you.

"Do not weaken, and don't be sad, and you will be superior if you are true believers!" (Quran 3:139)

Gardens of Eden, they will enter it. And whoever was good from their forefathers, their wives, and their children. And the angels will come to them from every gate.

"Peace be on you! Because you were patient, and what a comfortable final home (in Paradise)!"

(Quran 13:23)

### **Book Summary - Islam's guidance on how to save a Marriage:**

- 1) Be a man with a purpose.
- 2) Imagine there is good in your wife's flaws. ('If you hate a thing, it might be Allah placed in it alot of good.' - Quran 4:19)
- 3) Constantly overlook and ignore small annoyances.

#### **If things get serious:**

- 4) Calmly advise your wife.
- 5) Separate from the bed.
- 6) The last strike (Darb)

#### **If things get worse:**

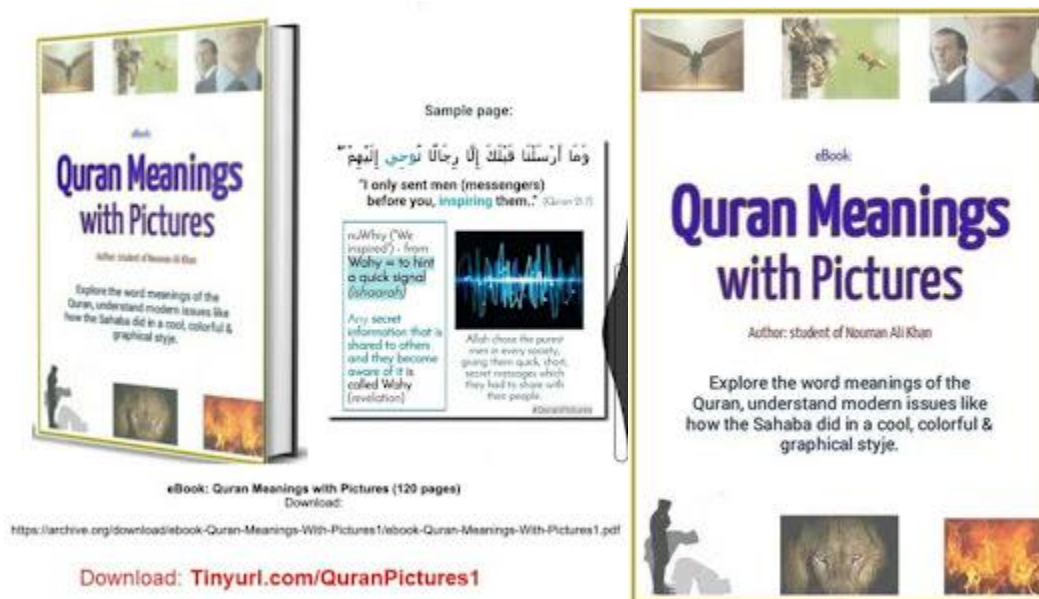
- 7) Get a judge from her family, and a judge from yours, or a trustworthy community leader (mosque Imam etc), who can hear both sides and find a solution to your arguments.
- 8) Let her stay with her mum for a few months. And return to see if things are better now.
- 9) Divorce (one Talaq.) But she stays in your home, and you get together again within the Iddah (waiting period) if you still want it to work.
- 10) Marry each other again.





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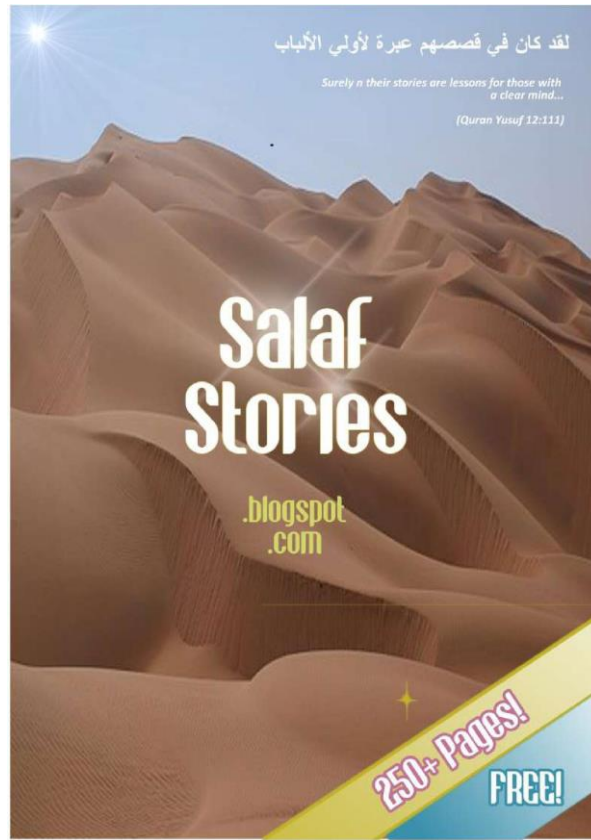


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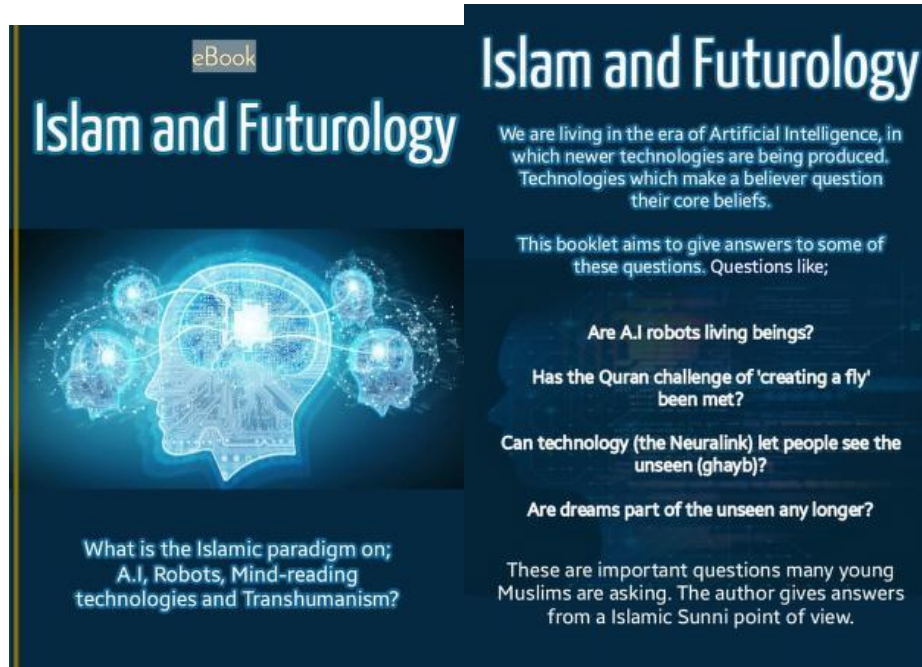


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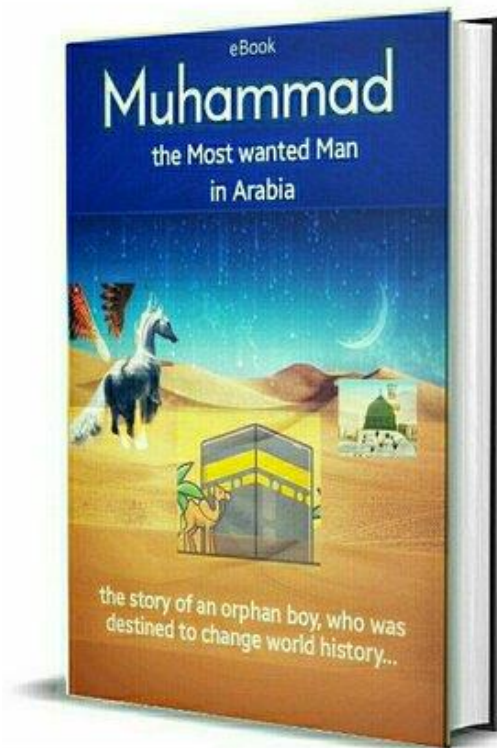


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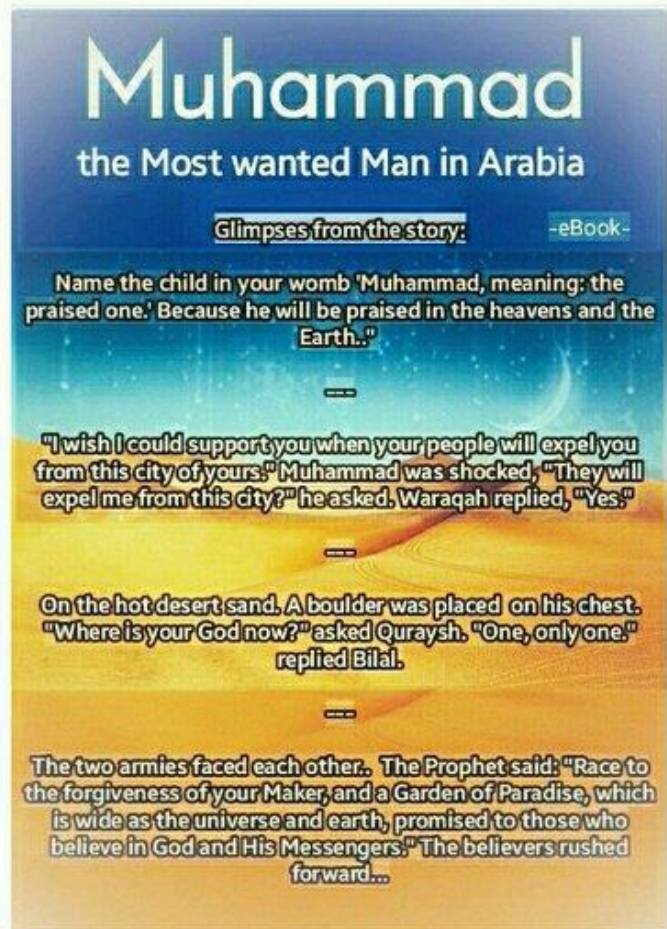
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